

**Dr. Thomas X Nguyen, MD's  
Coracoclavicular ligament & Acromioclavicular  
ligament reconstruction Protocol**

- 0-8 weeks: Wear shoulder abduction brace. Brace may be removed for supine range of motion exercises only.
- >8 weeks: Begin upright range of motion exercises
- 12th week: if there is pain-free normal range of motion, begin strengthening exercises.
  - Target scapular stabilizers that help retract the scapula to decrease loads across AC joint.
- 3-5 months: Weight training may begin.
- 6 months: full contact sports allowed
- 9 months-1 year: Regain peak strength